

**WINNEBAGO COUNTY
HEALTH DEPARTMENT
QUARTERLY ACTIVITY REPORT
10/01/07 - 12/31/07**

TOWN OF OSHKOSH

CLIENT VISITS:	24
CLINIC VISITS:	12
ENVIRONMENTAL CONTACTS:	0
SANITARIAN INSPECTIONS:	0



RECEIVED

FEB 28 2008

TOWN OF OSHKOSH



WINNEBAGO COUNTY HEALTH DEPARTMENT

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Winnebago, WI 54985-0068

920-232-3000, 920-727-2894

or 1-800-250-3110, FAX# 920-303-3023

Web site: www.co.winnebago.wi.us • E-mail: health@co.winnebago.wi.us

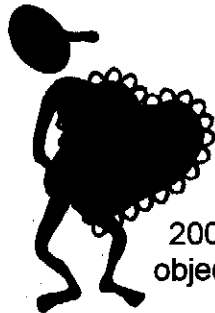
Douglas Gieryn
Director

Office Hours
8:00a.m. - 4:00p.m.

PUBLIC HEALTH NEWS

WINNEBAGO COUNTY HEALTH DEPARTMENT

FEBRUARY 2008



What a winter we are having with lots of snow and cold temperatures! But the days are becoming longer, and we are setting our sites on spring. The Health Department has been busy working on reporting grant objective results for 2007, and new grant funding for 2008 has been established. We look forward to working on our new objectives and serving the citizens of Winnebago County.

PRESCRIPTION DRUGS ARE IN THE WATER – WHY SHOULD WE CARE?

Article by Cindy Draws, Public Health Nurse Coordinator

Kudos are due to Sue Ashton, PHN. She has recently been asked to present at the annual Wisconsin Association of Adult Family Care Coordinators State Conference (WAAFCC) in Wisconsin Dells. She will be doing a break out session entitled "Prescription Drugs are in the Water...Why Should We Care?" The presentation informs foster care sponsors, case managers, and adult family home coordinators of the detrimental effects of disposing of unused and expired medications in the toilet/ landfills and offers solutions for reducing these detrimental effects. This is a cutting edge initiative to prevent the contamination of water with medications affecting vegetation, fish, wildlife and humans. Sue has been instrumental in organizing routine "Operation Take Back" medication clinics to collect unused, expired medications and have them properly disposed of without becoming a part of the environment. This is Public Health Nursing at its best!

WIC ANNUAL COUNT OF PARTICIPANTS

Article by Barb Sheldon, WIC Director



Local projects recently received the annual count for 2007. The WCHD project served 4331 unduplicated participants. There was nearly an even split between the Oshkosh office (51%) and Neenah (49%). There were 411 pregnant women and 965 infants (Birth to 1 year old). Children 1 to 4 years old remain the largest group at 2,041. The remainder were postpartum and breastfeeding women at 914.

Numbers do not tell the whole story of the effect of a program but they do drive the amount of funding that is made available to a local project.

OMEGA 3 FATTY ACIDS: WHAT'S ALL THE FUSS?

Article by: Aimee Schneiderhan Registered Dietitian, WIC



Omega 3 fatty acids have been popping up in many different kinds of foods from eggs, juice, cereals and baby foods. What does it all mean? Omega 3 fatty acids are polyunsaturated fatty acids. They are DHA (docosahexaenoic acid), EPA (eicosapentaenoic acid), and LNA (alpha-linolenic acid). Omega 3 fatty acids have long been associated with health benefits of the heart. Specifically lowering cholesterol and triglyceride levels, possibly lowering blood pressure and decreasing inflammation especially in diseases like MS and arthritis. They are important for brain and eye development and may also help decrease depression and attention deficit disorder.

Fatty fish like salmon, tuna, herring and sardines are the best sources. The American Heart Association recommends eating fish two times a week. If you do not like fish, alpha linolenic acids are in walnuts, flaxseed, canola oil and soybeans. Buy ground flax seed and add a tablespoon to practically anything like yogurt, smoothies, pancakes, hot or cold cereal, meatloaf or casseroles. You can substitute flaxseed for eggs in recipes. Use 1 tablespoon of ground flaxseed plus 3 tablespoons of water for one large egg.

New research suggests omega 3 fatty acids during pregnancy may help promote your baby's brain development. Research shows babies whose mothers ate fish during their pregnancy had better verbal skills and less behavioral and developmental issues. A pregnant woman can safely eat up to 12 oz of cooked seafood. Avoid large fish which may contain high levels of mercury like swordfish, shark, king mackerel and tilefish.

Fish oil supplements are available for people who do not have a diet rich in omega 3 fatty acids. Look for EPA and DHA on the label. Do not exceed 2 grams per day unless directed by your doctor. If you are pregnant, check with your doctor about fish oil supplements.



So the next time you see a food containing Omega 3 Fatty Acids-think about all the possible health benefits-and remember "Friday fish bake", not fried, may be a good thing after all.

PARK VIEW HEALTH CENTER IS MOVING THE HEALTH DEPARTMENT REMAINS



February 26 and 27 are scheduled for Park View Health Center to move into their new facility. It has been a long time in coming, but now the time is near! It will be a massive undertaking to move the residents to their new home. As part of the process, the Health Department will review our own evacuation procedures as well as many of our Public Health Preparedness issues. The Health Department staff has been asked to volunteer their services if available.

So much of our history has been tied to Park View. The Health Department has been located in the Pavilion for over 35 years! Adjustments will be necessary after the move. We will no longer be able to rely on them for fire or evacuation notification. Maintenance of the aging building will be an on-going issue. We have already changed our mailing procedures. We now ask that



any correspondence to the Health Department be addressed to P. O. Box 68, Winnebago WI, and not to Park View or 725 Butler Ave. The County is looking into moving the Health Department and various other County Departments into the Pleasant Acres site in the future.

WINNEBAGO COUNTY TOBACCO FREE COALITION



Heidi Foster, our Tobacco Prevention Specialist, has been promoting the Wisconsin Quit Line. This is a campaign funded by the Wisconsin Dept of Health and Family Services. People who are interested in quitting smoking are able to get two weeks of free nicotine patches, gum, or lozenges by calling 800-QUIT NOW (784-8669).

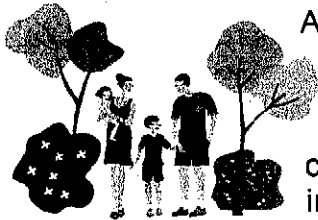
Between the hours of 7 am to 11 pm, daily, you can talk with someone who knows all about quitting and can help you through it. After an initial interview, you will:

- Make a plan to quit (your *Quit Line* coach will help you)
- Gather information on how to quit (they will send you a quit kit)
- Arrange for coaching from the *Quit Line* (they will call you at times you suggest)

Translators for languages in addition to Spanish are available.

A separate initiative for County employees to quit was also offered through the Health Department. For more information on the *Quit Line*, go to www.ctri.wisc.edu/quitline. Brochures have been included for the Town Clerks.

SAFE ROUTES TO SCHOOL



A new issue of concern was discovered while working on the Winneconne Walks Program last year. Winneconne Walks was developed to encourage people to exercise. Cindy Draws of the Health Department raised public awareness in that community for this effort, and it has since expanded into another initiative known as Safe Routes to School or SRTS.

Public health and local law officials, along with support, ideas and help from Winneconne community members, created a task force whose aim was to identify safety concerns and safe paths to school within a two-mile radius of any kindergarten through 8th grade school. It may be possible to obtain a grant from the Department of Transportation for planning and implementing these safe routes. The task force found that the speed of traffic and safety from strangers and bullies were among their greatest concerns. A speed Awareness campaign has been established which includes encouraging speed reduction and monitoring the speed of traffic around the schools, especially during peak travel times. Cindy is pleased that the Health Department is able to initiate the possibility of change and the community can make it happen. They are looking forward to starting a similar initiative in the City of Omro.



WINNEBAGO AND OSHKOSH HOUSING AUTHORITY NURSING SERVICES

The Health Department has two nurses, Teresa Paulus and Sue Ashton, who are contracted by the Housing Authority to provide service to the residents in subsidized housing in our County. These services exist to assist residents in obtaining an optimal level of health and to help them remain in their independent living residence as long as possible.



The role of the Housing Authority Nurse includes the following services:

- Visits in the home or nurse's office as appropriate.
- Visits for assessments, monitor health problems (i.e. blood pressures, blood sugars, weights, medication compliance etc.).
- Health crises intervention and appropriate follow-up which may include 911 calls.
- Medication set-up and monitoring when friends or family are not available.
- Referrals to appropriate healthcare resources.
- Assessment of hygiene concerns. Assist with necessary resources to meet needs.
- Visits to applicants to assist in determining appropriateness for independent living and recommendations for supportive services.
- Follow-up on hospitalization or nursing home placement with Discharge Planner to communicate concerns or assist in coordination of care to return home.
- Obtain durable medical equipment.
- Americans with Disabilities Act Transportation Certification.
- Provide flu shots for the homebound
- Provide health information via newsletter and bulletin board.
- Visits to Housing Authority applicants to determine if present living situation is physically inaccessible, therefore making them a priority for appropriate housing.



Teresa and Sue split their time between the Housing Authority and the Public Health Department. Housing Authority services are paid for by the Housing Authority and they maintain five buildings in Winnebago County. They are: Marian Manor, Court Tower, and Main View apartments in Oshkosh; Fox View Manor apartments in

Omro; and Riverside apartments in Winneconne. The total number of potential of residents is 477.

HEALTH DEPARTMENT STATISTICS

Statistics for the 4th Quarter of 2007 have been included in the packet for the Town Clerks. Also included are EPA Booklets "A Citizen's Guide to Radon" and the Wisconsin Tobacco QUIT LINE brochure.

*This Newsletter has been compiled by:
Linda Baeten, Secretary
Winnebago County Health Department*